

### THIRD ANNUAL REPORT,

*Adopted at the Annual Meeting, held at the City of London  
Tavern, Monday, March 25th, 1833.*

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THE present Meeting of the Subscribers and Friends of the MEDICATED VAPOUR BATH INSTITUTION FOR THE BENEFIT OF THE POOR, is convened for the purpose of receiving the Third Annual Report of the number of Patients admitted to the benefits of this Charity.

The Committee feel highly gratified in being able to meet the friends of this Institution, with an increasing conviction of its great utility ; and to be enabled to state, that another year's experience has fully justified the most sanguine expectations held out in their former reports.

The Committee in those reports have related the circumstances which led to the establishment of this Charity, in November 1829: and, as many of you are aware, that its origin is owing to the benevolent exertions of a few individuals in the higher and middle ranks of life, who, after having experienced great benefits from the use of Mr. Whitlaw's Medicated Vapour Bath, were anxious to extend the same means of relief to the servants of their respective families, and to the poor in general.

The Committee, therefore, on the present occasion deem it unnecessary to enter into a detailed account of Mr. Whitlaw's medical principles, and mode of treatment:—the efficacy of his Bath, and the relief which it affords in many dreadful diseases, is the object of their enquiry. And for themselves, the Committee would add, that so long as poverty and disease are permitted, by an all-wise Providence, to pervade this transitory scene, and to cross us in our daily paths, a sufficient apology, for those who are anxious to diminish the

vast aggregate of human woe, will readily present itself to every benevolent mind.

The Committee do not wish to detract in the smallest degree from other Institutions, established for the relief of the numerous afflicted poor; but it is notorious, and requires no evidence to prove, that many diseases, especially *scrofula*, under the care of the most skilful practitioners in our hospitals, are seldom or never cured; here and there an individual case of cure may be met with, but the innumerable and dreadful cases continually before the public, but too certainly establish the fact, that the disease in question is not cured at our hospitals.

The Committee have the satisfaction of stating to this meeting, that SIXTY-EIGHT cases of *scrofula* have been cured at the Vapour Bath Institution, in the course of three years—a greater number than the records of any hospital in London can produce. And they have also to state, that during the same period upwards of six hundred patients have been admitted to the benefit of this establishment, the greater part of whom had previously applied at the various hospitals in London, without experiencing any relief from their sufferings. But the utility of the Vapour Bath Institution, and its claims on your benevolence, is not to be expressed in the meagre details given in a report, nor estimated by the number of cases cured. But as a receptacle for those who are either turned out as incurable from other asylums, or deemed so hopeless as to be refused even admission:—such are the cases daily presenting themselves at the Vapour Bath Institution, and claiming the commiseration of the Committee. The funds of the charity being very limited, the Committee have been under the painful necessity of turning away numbers of applicants, the hopeless victims of unmitigated suffering, whose diseases admitting of cure, might have otherwise been restored to the enjoyment of health. Many of these are still waiting, and imploring the means of relief; but others, the Committee lament to add, have fallen victims to the unchecked ravages of disease,



It is on behalf of such objects of compassion, that the Committee would now appeal to a benevolent public, for that degree of support, which will enable them to afford the means of relief to a large portion of their afflicted fellow-creatures. They would earnestly intreat their friends, and others disposed to assist them, to visit the Charity, and to inquire of the patients themselves (who must be allowed to be tolerably capable of judging whether they have received benefit or not), whose testimony will be found unanimous as to the great relief conferred by the Medicated Vapour Bath. It is from such evidence alone that the Committee have been guided in their opinion; and they confidently hope, that as the benefits of this Charity are more widely extended, and publicity given to their proceedings, that a spirit of enquiry and investigation will be instituted, by which the utility of the Institution and its claims on support will be still more unequivocally confirmed.

The diseases in which the Bath has been administered, during the past year, are as follow:—

	Cases.		Cases.
Scrofula .....	22	Bowel Complaints & Bilious	
Hip-joint disease .....	5	Cholera .....	36
Palsy .....	4	Hysterics & Nervous Diseases	7
Rheumatism .....	38	Diseased Spine.....	2
Sciatica .....	7	Giddiness .....	1
Cutaneous diseases .....	48	Epileptic Fits .....	7
Erysipelas.....	11	Palpitation of the Heart ....	3
Diseases of the Chest and Lungs	18	Cancer of the Tongue.....	1
Asthma .....	9	Bronchitis.....	5
Debility .....	8	Tic-doloureux .....	3
Old Ulcers .....	7	Fever and Ague .....	9
Scirrhus tumours.....	3	Influenza & Severe Colds ..	2
Diseased Liver .....	11	Dropsy .....	2
Disease of the Stomach .....	16		

With many other severe diseases of a chronic nature, which had resisted the most skilful treatment, with all the advantages of hospital practice.

Were it possible to assemble the number of persons, who have received benefit at this Institution, an aggregate of

substantial and beneficial relief of human suffering, would be presented to this Meeting, such as the feeling mind has not often the luxury to contemplate. And when it is considered that the vast majority of those cases have thus far been all but forlorn, if not actually given over and abandoned, is there an individual to be found, who if he had the power would wish to impede the progress of this Charity, or deprive his afflicted fellow-creatures of that portion of relief which the Committee are now, after the experience of three years, competent to assure a benevolent public, the Vapour Bath Institution is able to produce?

The total number of patients admitted during the last year, is *three hundred and nine*; cured, *two hundred and thirty-seven*; discharged as incurable, *fifteen*; died, *two*.

Several patients were discharged for irregularity of attendance; and a few others left of their own accord.

There are now attending the Institution, about *forty* patients. Total number of patients cured, since the commencement of the Institution, *six hundred and sixty-five*.

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**FINSBURY**  
**MEDICATED VAPOUR BATH INSTITUTION,**  
**FOR THE RELIEF OF THE SICK POOR.**

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*The Third Annual Meeting of the Subscribers and Friends to this Institution, was held at the City of London Tavern, Bishopsgate Street, on Monday, March 25th, 1833.*

ADMIRAL MAITLAND having been unanimously called to the Chair, the gallant officer rose and said, that in submitting to the notice of the Meeting the Report of the Committee for the last twelve months, he had great satisfaction in stating that through the liberal subscriptions which had been received, a great number of their poor wretched fellow-creatures had been much relieved. The audience were all well acquainted with Mr. Whitlaw's mode of treatment, and the Report would afford every information as to what had been done during the period to which he had referred. Were he to attempt to enlarge upon Mr. Whitlaw's treatment, he was fully aware that he should neither do justice to him (Mr. W.) nor to his mode of treatment, nor to himself. In the first place, there were many people who might observe, that Admiral Maitland was not a fit or qualified person to give an opinion respecting medical treatment, being of a profession so widely different from it. But he had much satisfaction in saying, that he had no hesitation in giving an opinion respecting cases he himself had witnessed. He had seen a person with half his face completely destroyed, and indeed he might say with the other half very little better, completely cured by Mr. Whitlaw's treatment, at the time when he was in the habit of constantly attending the Committee; in fact, he might say that he was sent back to his friends with a new face. He (Adm. M.) never in his life saw such a change in human nature, as he had seen brought about by Mr. Whitlaw's treatment. It did not require the qualifications of a medical man to make such a statement as that. Facts were stubborn arguments, and those who had seen them could declare them as well as the best qualified medical man. He was sure, however, that it was not in his power to do justice to Mr. Whitlaw's treatment; and therefore he would trespass as little as possible on the attention of the Meeting. He should act with justice and strict impartiality in the office he had taken upon him; and



in return, he had only to request that those who were disposed to address the Meeting would, as far as it was in their power, confine themselves to doing it only once.

Mr. LEAVERS lamented that they were not favoured with the presence of the Reverend Secretary; but he would read a letter from that gentleman, stating the reason of his absence. It was in the following terms:—

“8, Finsbury Circus;

March 25th, 1833.

“My dear Sir:—If you think proper, inform the Meeting this day that my absence is occasioned by an imperative duty, being obliged to take a long journey into the country to see a dear friend on his death-bed. Much I regret my inability to be among you, to give all the countenance and support within my power, to a cause which has very peculiar claims on the generous, christian humanity of the British public. Never was an institution more calculated than this to alleviate the miseries of the diseased and neglected poor. Heaven smile upon the society, and raise it to that magnitude and importance which its excellence and merits so richly deserve!

Believe me ever to remain,

Your old and steadfast Friend,

ALEXANDER FLETCHER.”

Mr. Leavers, in the absence of the Reverend Gentleman, then read the Report. (*See page 3.*)

PROFESSOR DEWHURST, F.W.M.S., in rising to move the first resolution, said, that when he had the honor of addressing the Meeting last year, he was then a patient of Mr. Whitlaw's; and as a member of the medical profession, he trusted that the few remarks he should make on the present occasion, would be honoured by the attention of the audience. He perhaps could not more efficiently aid the objects of the Institution, than by giving a brief history of his own case. In the latter end of the year 1831, he was requested both by the friends and foes of a brother practitioner, to open the body of a female who had died under very remarkable circumstances, in order to save the reputation of that gentleman. After a laborious dissection of some hours, he wounded himself, the effects of which laid him on a sick bed for six months, and three times during that period he was not expected to survive. On becoming convalescent from the effects of the accident, he was attacked with cholera, and was in a state of extreme suffering; when Mr. Whitlaw, like the good Samaritan in Holy Writ, did him the honour of paying him a visit, and recommended him to use the Vapour Bath. Drowning men, it was said, caught at straws; and though he had then

no great opinion of the Bath, nevertheless he availed himself of the offer, and after taking two Baths, he was enabled to be present at the annual meeting of this Institution last year. He continued the Bath until he was brought to that state of health in which, thank God, he was at the present moment. That circumstance, alone, was sufficient to excite his gratitude, and call forth his energies on behalf of an Institution of this nature; but Mr. Whitlaw had given him an invitation to attend at the Institution. Mr. Whitlaw had been charged with empiricism; but there were no dark doings, nothing secret in his practice: all the practice of the Institution generally was open to any member of the profession who chose to attend, and avail himself of the benefits thus proffered him. However, during the past year he had witnessed many cases treated at the Institution, and he had also been allowed to witness many cases treated at Mr. Whitlaw's private residence; and the more he saw of the mode of treatment, the more he was persuaded of the advantages that would result to mankind, if the plan were generally adopted. He had taken notes of several cases (some of the patients were then in the room), which were they to be detailed, would, he trust, awaken their feelings of benevolence towards the charity, whose cause he was thus feebly advocating. One case had been detailed by the worthy Chairman; and he (Prof. D.) begged permission to mention one that occurred during the spring of last year. An individual had been labouring under an enlargement of the left breast for many years, and at the time he saw her, it was twice as large as the head of any person then present. Mr. Whitlaw enquired of him (Prof. D.) what he would do in such a case; to which he replied, that in his opinion there was but one remedy—that of amputation. Mr. Whitlaw laughed, and said that they should cure it without the use of the knife. From what he had witnessed at the larger public institutions he had some doubts upon it. The patient told him, that when she first attended the Vapour Bath, the organ thus affected was much larger than it then was: and since that time, he was given to understand that the patient was perfectly cured; the organ so preternaturally enlarged, was reduced to its ordinary dimensions. At one period, she was obliged to support it with a large piece of cloth, and was a complete monument of misery to every one who beheld her. Another case was that of a female, aged 65, who had been a patient at the Institution eighteen months; she had been severely afflicted, four years prior to her first attendance, with phlegmanous erysipelas in the lower extremities; in one leg there were three ulcers previously to her attendance at the Institution. She had been an out-patient for twelve months at St. Bartholomew's Hospital; and subsequently she had been at another hospital for six months, but had derived little or no benefit, and her general health was much im-

paired. After taking three baths, she was greatly relieved; the ulcers, which were of an indolent character, assumed a healthy appearance, and were speedily healed; the intense pain in her legs was removed, one became quite well, and the other could hardly be stated to be otherwise; and, to use her own words, she was altogether a different individual. Another patient, aged 50, had been affected with lepra alphas for eight years; she had been attended by medical men, who relieved her from time to time, but unfortunately she derived no permanent benefit: she was a patient for some time, having ulcers in the neck which it was difficult to cure; but she is now nearly well. Her own expression was, that the scales of leprosy came down like flour—a sort of dry scurfy powder. Another individual was affected with cancer of the tongue, having laboured under the disease three years: the affection invaded gradually. Previous to her attendance at this Institution, she had been an out-patient at St. Thomas's Hospital, under one of the most skilful and humane men in existence. She had undergone a surgical operation; and on applying at this Institution, there were a great number of ulcers, attended with puriform discharge. She was already greatly benefited, and he had no doubt that if she continued at the Institution, she would get entirely well. Another patient had laboured under a hemiplegia or palsy for four years and a half. She had attended many medical men without deriving any permanent benefit. Since last October, she had taken the baths; and though on her admission the fore arm hung down perfectly useless, she could now use a fine needle. Her appetite, which had been very bad, was now improving. There were several other striking cases, but he would not take up the time of the Meeting by narrating them.

When he last had the honour of addressing the Meeting, he stated that the Vapour Bath was capable of relieving many individuals labouring under a variety of diseases; and he could now say with confidence, that there was scarcely a disease to which the human frame was liable that the Bath, connected with judicious medical treatment, would not, to say the least of it mitigate, though in most cases it would effect a cure.

The influence of prejudice was certainly very great, but still it generally effected its own cure; so that the old distich became verified—

“Truth will find its level, and will stand,  
Tho' slander and malice join hand and hand.”

A very talented individual, now no more, the late President of the Hunterian Society, whose name was much venerated in the profession to which he belonged, said, with regard to the Medicated Vapour Bath employed by Mr. Whitlaw, “I can speak most decidedly of its pro-



ducing the greatest good in many complaints; and the more it is used, I am convinced the more extensive will be the benefits resulting from it. I have ordered several of my patients to employ it, and have witnessed its excellent effect in some desperate cases." That individual was no other than the late Dr. James Hamilton. There was another testimony that must not be omitted, for testimony coming from a foe was the most valuable that could be adduced. The late Dr. Reece edited a journal called the *Gazette of Health*, which was established by him for the express purpose of putting down quackery, and he did it with a great degree of success; but he had inserted a letter from Dr. Ireland, and from being inserted in a publication like that, he (Prof. D.) placed great reliance in it, for he was sure that Dr. Reece would not circulate a falsehood willingly. Dr. Ireland said, "I have superintended the Dispensary formed in this City (New York), for the purpose of testing the usefulness and trying the effects of Mr. Whitlaw's Medicated Vapour Bath, as a means in alleviating and curing disease, and have seen administered for that purpose about *six thousand baths*: consequently, I can speak with much confidence respecting its utility as a remedy in numerous complaints. The practice of inhaling the fumes, gases, and vapours of different substances, cannot by any other means be adopted to the same extent, or in so effectual a manner, as by this simple, efficient, and happy invention of Mr. Whitlaw's: in fact, its usefulness as a remedy in the practice of medicine is not to be calculated; and the field which is opened by this invaluable invention, to the enquiring and philosophical members of the profession, is immense." The same distinguished physician said, in another communication, "I have received letters from Dr. Ingalls, Dr. Lawrance, and Dr. Holbrook, all speaking in the highest terms of the Bath, and of the many obstinate and hitherto unmanageable diseases relieved and cured by it."

The Meeting must be aware that there were many baths in different parts of the metropolis; but there was one great fault connected with them. In passing along the streets, they must have seen engravings representing an individual sitting in a bath, with merely the head above a box. A bath of that description was very beneficial in many diseases, but not so in those affecting the internal parts of the body; because a bath when thus applied, instead of bringing the blood to the surface with the rapidity which it ought to do, impelled it to the more vital organs; and when a greater quantity of blood was driven to a part than nature intended, an inflammatory action was set up. When, however, an individual's head was inclosed in the bath (and the head formed the most important part of the animal body), then the Medicated Vapour was inhaled; and by being inhaled, the lungs became expanded by the ordinary process of respiration. Thus the blood was driven to

the extreme parts of the body—the very object of the Bath: thus the functions of the skin were enabled to perform their office, the importance of which must be manifest to every one. They all knew that on taking the least cold they experienced a dry prickly sensation of the skin, and felt in a state of great misery; but the Medicated Vapour Bath immediately restored the functions of the skin, and therefore, in his opinion, it was the sheet-anchor in the cure of the majority of diseases.

The greater number of medical men employed the slipper, or hot-water bath, which was a most injudicious practice, and for a self-evident reason,—it was impossible for an individual to be in a hot-water bath of a heat sufficiently great to benefit him. It was injudicious, secondly, because it was uncertain as to whether the patient derived benefit or not. The blood might be brought to a part, but still the question was, whether it acted on the part. They might bring a horse to the water, but they could not make him drink. The hot-water bath, therefore, was a dangerous remedy, because they could not always depend upon its answering the desired purpose. In some cases it would, but in the majority it failed. With regard to that disease which twelve months ago was so universally raging, Mr. Whitlaw had informed him that he (Mr. W.) had had nearly two hundred private cases; and he (Prof. D.) saw at Mr. Whitlaw's house a medical gentleman, residing at Walworth, who had been appointed by the Board of Health to superintend the treatment of the cholera patients in that neighbourhood. That gentleman caught the cholera himself, and was glad to fly to Finsbury Place to obtain a cure. That instance was one which he could, without the least flattery to Mr. Whitlaw, recommend to the serious attention of the Meeting. They knew the beautiful aphorism, that “he who gave to the poor, lent unto the Lord;” and he trusted the Meeting would consider the sufferings of their poor afflicted fellow-creatures, and patronize this Institution in the manner it deserved. The learned Professor concluded by moving—

*That the Report of the Committee, read by the Secretary, be adopted and confirmed.*

MAJOR SMITH, in rising to second the motion, begged to offer a few remarks regarding a case which had come under his own notice: one in which he had felt a deep and lively interest. The advantages arising from the medical treatment of Mr. Whitlaw had been so well described, both by their gallant chairman and by the professional gentleman who had just sat down, that it would be presumptuous in him (Major Smith) to attempt to say any thing farther on that subject. The case, however, that he was desirous to bring to the notice of the meeting, was that of his own nephew, the son of a physician and surgeon of some eminence

in Edinburgh: viz., Dr. Monro.\* His nephew, it might well be supposed, had received all the assistance which medical skill, according to the usual practice, as well as the kindness of the faculty, could afford him; but notwithstanding that, he became gradually worse, so that he was in fact a living skeleton: he was not able to move on his couch without assistance, and was, in short, on the brink of the grave, it being expected that every day would be his last. In that state his nephew, he was glad to say in a great measure from his (M. S.'s) own persuasion, placed himself under the care of Mr. Whitlaw, by whose attention and kind assistance in applying the Medicated Vapour Bath, he gradually became better, was now convalescent, able to walk about and take exercise, and there was not the least doubt but that in another month he would be perfectly restored to health. He (M. S.) considered it due as a matter of justice to Mr. Whitlaw on the present occasion, as well as a duty which he owed to the public, to state in the manner he had done that particular case. It was one in which he could not but take a deep and lively interest; he felt personally obliged by Mr. Whitlaw's kindness and attention, and he hoped the public generally would derive benefit from what he had stated.

The resolution was then put, and unanimously agreed to.

Mr. LEAVERS said he held in his hand a letter which spoke volumes on behalf of the Institution: it was from Mr. Fraser, a surgeon residing at Bradford, and was as follows:—

“Bradford; March 21st, 1833.

“Sir:—Unavoidable circumstances have debarred me of the pleasure of bearing personal testimony to the utility of the Medicated Vapour Bath, and of the great confidence which I repose in its giant strength as a medical agent. During the last twelve months, I have seen the Baths administered upon an extensive scale: I have submitted to its influence a multiferous variety of diseases, both incipient and confirmed. The result has been to my mind, that in this arduous task it has amply sustained its good reputation; and I would as soon think of entering into battle without a helmet, as facing disease without a Bath.

“Any medical agent, to be *really* and *speedily* useful, must be powerful; and if so, it follows, that its effects will either be happy or hurtful, according as its power is wielded. I look on the Medicated Vapour Bath as a *powerful* application in disease, especially in those of an acute character; and while I acknowledge the value of your labours in originating the Bath, I must not forget to acknowledge your merit in originating those botanical researches, which have led you to the know-

\* Professor of Anatomy to the University of Edinburgh.

ledge of many valuable plants; without which the Baths, in most cases, would prove but little useful; in some few, perhaps, hurtful.

“No one can commit a greater mistake, than to view the Medicated Vapour Bath as an insignificant agent. Such people (and I have met with some) turn its great merit, *simplicity*, into its fault; but they make *one* great oversight. Every body knows a few glasses of wine are not hurtful in health; but is it not known, that during some diseases, such an indulgence might cause death. Just so is the case with the Bath: the healthy may use it freely and safely, but not so the sickly: here the Bath, properly medicated, declares war with the disease, requiring a discrimination and experience for its direction, equal with any other department of medicine; and until the public generally embrace this just view of the subject, the Baths will remain a useful but neglected object.

The practical proofs which I have seen of the Bath's utility are so numerous, that I know not which to select for your notice. I have seen rheumatic patients brought upon a litter, writhing with agony, or reduced to a state of helplessness by fever and want of sleep: such I have seen placed in the Bath; and in the short space of twenty or thirty minutes, no less to my astonishment than their own, declaring themselves free from pain, and shewing themselves as expert at dressing or walking, as a healthy but debilitated person could be expected. I have seen persons go into the Bath with a most evident swelling of the thyroid gland—and such I have seen come out with no trace of the swelling remaining. One case of this nature I shall ever remember. A fine boy, about six years of age, had a swelling of the parotid gland, which being so large, pressed so much on the wind-pipe, as led me to expect suffocation momentarily to ensue. The little air that was allowed to pass through the wind-pipe, rushed with such force as to give rise to a loud and peculiar sound, which was heard all over the house. Indeed, a more helpless and distressing case of suffering I never had the pain to witness. With some hesitation I allowed the Bath to be administered; and certainly never did a human being receive a more signal preservation from the clutches of death, than did this little sufferer. After the first, and still more after the second Bath, the tumour vanished as if by the touch of magic. The dread of instant suffocation was removed, and the child rested and rose in comparative health and comfort. The Baths were persisted in for a few weeks, when the boy quite recovered. In most varieties of skin diseases, I consider the Bath as a specific. I have seen a patient literally *slated* with scales of a black colour, forming a hard and impervious envelope, through which perspiration was never seen to exude, become clear in a few weeks from every vestige of discolouration or disease. But I need not multiply such unequivocal proofs



of the Bath's success, for they already exist in abundance. My candid and well-weighed opinion is, that an enlightened use of the Bath will prove a powerful engine in the cure of disease; and when time shall have silenced the voice of prejudice, it will be hailed as a blessing, and its author as a great public benefactor.

I remain, your's respectfully,

"To C. Whitlaw, Esq.

JAMES FRASER."

The Rev. WILLIAM HENRY, of Tooting, begged to move—

*That the thanks of this Meeting be given to Charles Whitlaw, Esq. for the benevolent and active services he has rendered the Medicated Vapour Bath Institution, from its commencement up to the present period.*

He came to that meeting to hear, and not to speak; indeed, he considered it most presumptuous, if not most ridiculous, for him to stand up and address so respectable an assemblage of ladies and gentleman on a medical subject: for of all subjects in the world that was one with which he was the least acquainted, and to which he had the least of all turned his attention. A few years ago he sometimes dived into this subject, but he found it necessary either to discontinue it, or to go the entire length of becoming thoroughly acquainted with it: for when he looked into medical books, he imagined he had every disease that he read about—he fancied he had every symptom, at least those of a complex character; and at last, every time he felt his pulse or looked at his tongue he got into trepidation, and kept himself unwell through the fear that he was unwell: he therefore thought it wise to discontinue this practice, and if any thing were really wrong, to go to a medical gentleman and submit his case to him. Since that period he had had no more imaginary complaints.

But he did not rise as a medical gentleman; he could only look at cases in a plain common-sense point of view. He had no new cases to advert to, but he had paid attention to those reported that morning, and there were a few things which he deemed worthy of attention.

The first thing that particularly attracted his notice, was the great proportion of cures that had been effected: out of 309 cases, 237 had been cured. That was a very great proportion, about three-fourths or four-fifths. A second thing that struck him, was the nature of the diseases. On examining the list, they would be found of the most inveterate character; at least, so far as he understood the subject. They consisted of scrofula, tic douloureux, leprosy, cutaneous diseases, and others of the very worst kind that could afflict the guilty race of man—the greatest evils that could befall the human species in this vale of tears. The simple fact, that the Bath cured such inveterate diseases,



and to such a great extent, spoke volumes in its favour. There was another point which impressed him still more forcibly than all the rest ; and that was, the stage of these diseases when they were placed under the operation of the Bath. If they were taken in their incipient state, it would be astonishing were Mr. Whitlaw to cure so many : were he to have the advantage of seeing them in time, and extirpating them before they spread through the constitution, and, as it were, bid defiance to every sort of treatment. But Mr. Whitlaw generally had the cases after they had been tampered with : after they had been in progress in some cases for years, and when all other means failed, and they were given up as desperate. Looking then at the cases placed under Mr. Whitlaw's system, and looking at the proportion of desperate cases which he cured, he must say that Mr. Whitlaw deserved their thanks. If he (Mr. W ) were not present, he (Mr. H.) should be inclined to say a great deal more ; but he knew that Scotchmen were modest, and he should therefore be very reluctant to make them blush. Mr. Whitlaw was about to go to America, and he was sorry they were likely to lose so good a man ; but he (Mr. H.) hoped that God would bring him back, and that he would find the Baths prospering under their young friend. He (Mr. H.) sincerely hoped that the gentleman to whom he had just alluded would fulfil the expectations they had formed of him in the profession on which he had entered.

Upon the whole it appeared to him that this plan was the most effective of any hitherto offered to the notice of the public. He must always keep himself a little in check, he wished to measure his language ; but looking at these cases, and the speed with which a cure had been effected, he did not think that he had gone too far. Then again, let them look at the safety of the practice ; it was not as if great danger attended the experiment ; it was the most simple thing in the world to go into the Bath and come out again ; indeed it was a luxury if they took care to go in when it was at a proper temperature. He had heard it characterized as a species of empiricism, stigmatised as quackery, and some of his friends had objected to it on the ground that it was the same kind of remedy for every complaint. They imagined that as it was always a Medicated Vapour Bath, so it was always the same thing. A doctor once told him that there were only two ways of applying remedies, either internally or externally ; and he saw directly the force and truth of the observation. It was true, that getting into the Bath and coming out again, was just one way in all cases ; but then there was a vast variety of medication. He knew not how many various herbs and medicines were employed, but he believed that Mr. Whitlaw had studied the medical properties of the vegetable kingdom more perhaps than any other man now in existence ; and the remedies employed were those,

the nature of which had been ascertained by a number of experiments. Mr. Whitlaw therefore well deserved the thanks of that meeting, and the public generally, for his indefatigable industry. Mr. Whitlaw's high merit consisted in the fact, that he had persevered amid many difficulties in collecting facts and in making experiments, and he had brought them to bear on certain diseases which had hitherto been deemed incurable, and had succeeded beyond the most sanguine expectations. Their gallant chairman, in opening the business of the meeting, had employed strong language in reference to the efficacy of the system, but by no means too strong; for he (Mr. H.) could confirm every thing that had been said. He would not enlarge upon those feelings of compassion which he hoped they all cherished towards the poor. Let the poor have the benefits of the discovery which had been made; and when they saw objects so forlorn, so destitute of means on their own part by which they could obtain that benefit, it was surely an act of kindness, of humanity, and of christian philanthropy, to come forward and give their support and countenance to an Institution founded on those charitable principles, the exercise of which tended to promote the best feelings of the human heart.

Mr. THONNTOON rose with great pleasure to second the motion. Their reverend friend had ably advocated the cause of the Institution; but there was one case which had come under his (Mr. T's) notice within the last few days, which he was anxious to relate to the meeting. A friend of his called upon him after having visited a poor woman in the neighbourhood who was suffering with a dreadfully bad leg. Her ancles were in a state almost indescribable. Her leg had been diseased for nearly fifteen years, during which period she had been in circumstances of great poverty. She obtained her livelihood by washing; and while engaged at work, stood on one leg with the other supported, by which she injured the nerves, and a swelling came in the knee of the other leg, which, when his friend saw her a month ago, was as large as any person's head. Two ladies introduced her to the notice of Mr. Whitlaw; and though neither of them were subscribers to the Institution, Mr. Whitlaw, acting the part of the good Samaritan, took her under his care immediately, without the usual letter of introduction; and after taking two or three Baths, his friend met her walking with apparent ease, and with a heart overflowing with gratitude for the benefit she had received from the use of the Baths. For months past she had suffered so much pain that she could not rest night nor day, perhaps could not sleep more than half an hour together night after night; but subsequently to taking the Baths she had not been awake two hours during the whole night, and felt confident that she should be ultimately cured. He thought that a circumstance so deserving of

notice, that he felt he could not quit his conscience without rising to relate it.

When one of his own children was cutting her teeth, her head became affected; and there was one sore that extended completely over the crown of the head. She was under the care of the regular medical attendant of the family for two or three months; but notwithstanding the means employed, she was no better. Ultimately she was taken to Mr. Whitlaw's Baths, and in a few weeks her head became perfectly well. He also begged permission to allude to the efficacy of Mr. Whitlaw's medicines, as well as to his Vapour Baths. He had another child, who, within three weeks of the birth, had a similar eruption about the head and face. After their medical attendant had in vain endeavoured to remove it, the infant was taken to Mr. Whitlaw, but was deemed too young to go into the Baths. Mr. Whitlaw then administered medicine to the mother with a view to affect the child, and it did so. He had no doubt that it was the means of very soon removing the eruption. He ought to have stated, that there was a discharge from the head of the first child so loathsome and offensive, that its mother could scarcely wash and dress it. After using the Bath once, the offensive smell was nearly removed; and three or four Baths, which was all the child had, cured the complaint. He would not add any further observations, lest he should weaken the impression produced by the remarks of the Rev. Mr. Henry; but he sincerely hoped that his friends present would make every exertion to extend the knowledge of so invaluable a remedy.

The resolution was then put and agreed to.

Mr. WHITLAW, in acknowledging the compliment paid him, remarked, that it gave him great pleasure to see so many of his respected friends rallying round him, after the long and tedious battle that he had in London. He visited the metropolis in 1819, without the least idea that Providence was about to call him to this sphere of labour. He came over from America for the purpose of obtaining some botanical paintings to illustrate his lectures on botany, and the physiology of plants, as applicable to the purposes of life. When studying that subject in America, he was wonderfully struck at comparing the practice of the Indian doctors with that adopted by the faculty. He was astonished at the numbers which the former cured; they treated successfully almost every case of disease brought to them, and that without bleeding. Cases of pleuritis, of the very worst description, were frequently cured in forty-eight hours, without venesection. Being a botanist, and capable of analyzing plants, and ascertaining their specific nature, he directed his attention to the examination of the plants employed by the Indians. He went among the Indians, and saw a number of cases successfully

treated, which were considered incurable by the white doctors. One fact particularly deserved to be noticed. Five young ladies, daughters of a merchant of high respectability in New York, and grand-daughters of a celebrated authoress, were afflicted with scrofula from ear to ear. They consulted all the professional men of eminence in New York, without deriving any benefit. A woman came from the back settlements of India to be nurse at an hospital, the interests of which those ladies were doing all in their power to promote. On the nurse seeing the two young ladies so afflicted, she expressed a wish that they were under the care of the Indian doctors, who she said she was sure would soon cure them. Their mother waited upon him (Mr. W.), and asked his advice, and he persuaded her to make a trial. The idea was laughed at, and burlesqued by all the medical men in New York, who maintained that the disease could not be cured; and, indeed, that was the opinion of the first writers in London, among whom he might mention Sir Astley Cooper and Dr. Mason Good. The latter gentleman said, that all they (the faculty) could do, was to stand by and lament the want of means to cure the disorder. Not so, however, with the American Indian doctors: they could cure the affection, and notwithstanding the laughs and sneers of the medical men, the ladies to whom he had referred went and returned home perfectly cured. Those were facts which the white doctors knew not what to make of, and therefore they attributed the recovery to the good air. However, on their return they brought some of the remedies with them which the Indians made use of; one however of the medical men were botanists enough to know the plants or their nature; but he (Mr. W.) ascertained both, and began to employ them with the happiest effects, in conjunction with a Vapour Bath, but very differently constructed from those he now employed. Sixteen cases of scrofula were furnished to him by the mother of the ladies, to see if he could cure them, and he succeeded in every instance. The whole of the patients were people of respectability, but he must be excused mentioning their names publicly. That took place about the year 1812. He visited New York in 1825; nearly the whole of those persons were then married, and had families, but none of the children had a speck or blemish upon them. The mother of the ladies took the trouble of bringing them to New York, and like the leper whose case was recorded in the Gospel, they came forward to give glory to God (notwithstanding they were of high rank), and confessed the benefit they had received. Scrofulous patients had a peculiar look, which a medical man could recognize in a moment; but the whole of those persons, and their children, were free from every taint of the complaint, and its peculiar appearance.

The opposition that he had met with when he first came to London, was almost too appalling for any human being to undergo: he was

universally assailed with the charge of quackery, both in and out of the profession. The late Mr. Colquhoun, however, relying upon the statements of the gentlemen who introduced him (Mr. W.) to him, begged that he would not think of returning to America. He had actually taken his passage, but Mr. Colquhoun, and about thirty members of Parliament, pressed upon him to stay. Ninety-eight cases were furnished to him by Mr. Colquhoun, all of which were cured in eight months. Mr. Colquhoun then waited on the medical gentlemen connected with the public institutions from which he (Mr. W.) had received the patients, namely, the Westminster, Middlesex, and St. Bartholomew's hospitals, and the Aldersgate Street Dispensary, and requested them to give him a certificate of the cure of the patients; but he (Mr. W.) experienced the most ungentlemanly conduct from every one of them, with the exception of the late Mr. Abernethy. When he had stated his views to the last-mentioned gentleman, he (Mr. A.) asked if he had come to learn medical men to make more money? He replied, he doubted it. On which Mr. Abernethy remarked, "Then you will not make a single convert [in London. You will find that one half the medical men are hypocrites, and the other half are unbelievers; and therefore I know not how you are to steer your course between those two descriptions of men." Mr. Colquhoun was so irritated at not being able to procure the certificates, that he then formed a committee, Dr. Thornton being one of the members, and he (Mr. W.) proceeded in his plan of treatment at Bayswater, and cured so many diseases, that he attracted the nobility and gentry around him, and finally the Duke of York became patron to the institution. He lamented that the medical men who opposed him had not done so in an honourable way, but had acted in the most clandestine manner in order to traduce his character.

Mr. Thornton had adverted to a case in which he (Mr. W.) succeeded in curing a child by administering medicine to the mother; and he would just advert to that subject, for the purpose of shewing the absurdity of Dr. Cullen's hypothesis with regard to vitality and assimilation. Dr. Cullen maintained, that those two powers would convert into nutritious food the most unwholesome animal substance. When speaking on the subject before a number of persons, he (Mr. W.) was asked how he could disprove the statement of Dr. Cullen. To which he replied, By curing a child of disease through medicine given to the mother. A number of children were brought to him in a most dreadful state; the children were being fed on rotten mutton chops and porter; their glands were all enlarged, and their bowels almost in a state of gangrene. The late Dr. Hamilton remarked to him, that if he could cure those children in the way he had stated, he would subvert all the points on which medical practice rested. The whole of those children were cured



in two months; many of them were now alive, and their mothers could testify, that through the medium of their milk he relaxed and braced the children's bowels when he wished. All that was necessary to do was, to give the mother wholesome food, and a little medicine to purify the blood.

He should be glad if Parliament, and the Corporation of the City of London, would act as the Senate of Rome had done in a former age, with regard to agriculture: there would not then be so many diseased people as were existing at the present moment. Disease, he regretted to say, was increasing very extensively. Mr. Colquhoun, in his work on Indigence in England and Wales, stated, that on comparing the year 1813 with 1773, he found there were nine persons were formerly there was only one afflicted with scrofula, and that after making an allowance for the increase of population. One of the inspectors of recruits for the army informed him lately, that scrofula and other diseases were making such awful inroads on the population of the British empire, that he should soon be compelled to reject two out of every three men who presented themselves: for when they were wounded, the parts would not heal. There were men who had received wounds ten or twenty years ago, which baffled every attempt to cure them. Although scrofula might not quickly destroy patients, it made them useless, and a burden to society. He (Mr. W.) could cure the disease far more readily through the mother's milk, than by any other mode. Only let the mother have sound food, and he would vouch for curing the child.

As probably this was the last time that he would have an opportunity of addressing them, he could not refrain from stating that he felt pained to the heart while looking at the state of the British nation. Unless a method was adopted by which the inhabitants could be supplied with wholesome food, it was in vain to expect that any improvement in their physical condition could take place. From the mode of agriculture which had been adopted, the fields were covered with poisonous weeds, and the consequence was, the population were afflicted with bronchitis, tie doloureux, and a host of disorders that never had an existence before.

An allusion had been made to the case of Dr. Monro's son. When he first saw that gentleman, the whole of the mucous coat of the stomach and bowels was literally gone; but he trusted that a very short time would realize the expectations that had been formed as to a perfect cure being effected: but unless sound food could be obtained, gastro-enteritis would soon become universally prevalent. It had been said, that his (Mr. W.'s) nephew was well calculated to carry on his system of treatment. No one was better calculated to do it, so far as medication went: and if he attributed as much importance to food as his uncle had done.

he would triumph over every species of opposition. Sir Astley Cooper had accused him (Mr. W.) of imposture, because he had said that he could cure scrofula. Sir Astley Cooper said, that medical men had studied the disease for two thousand years; and it was their unanimous opinion, without a single exception, that the disease was incurable. In a conversation which he had with that gentleman, he (Mr. W.) asked him, whether he did not think the Almighty had provided remedies for every disease—scrofula among the rest. Sir Astley Cooper was compelled to assent: upon which he (Mr. W.) remarked, “Suppose I am the fortunate discoverer.” Sir Astley still objected, on the ground that scrofula was not a specific disease. He (Mr. W.) then enquired what it was: to which Sir Astley replied, “A disorder arising from inflammation.” He then asked, How many diseases he (Sir Astley) cured that were not bottomed on inflammation? Sir Astley would not reply; but asked him, if he (Mr. W.) could cure inflammation? He answered in the affirmative. “So that it will not return?” added Sir Astley. He (Mr. W.) took it for granted that Sir Astley had cured some diseases; and he asked him, Whether if the patient went back to the exciting cause, he was liable to have the affection again? Sir Astley acknowledged that he was. Just so he (Mr. W.) said it was with regard to the patients whom he cured of inflammation: if they went back to the exciting cause, the disease would undoubtedly return.

He had long and anxiously laboured to prove, that all the diseases to which the human frame was liable arose from physical causes, which were placed by the Deity within the control of man. He was fully warranted in making that statement, from the extraordinary success which had attended his Vapour Bath, medical practice, and dietetic treatment; and on the authority of the Governor of the Universe, in the law promulged by His servant Moses, as a rule of life, so far as agriculture, horticulture, and diseased animal food were concerned. He would briefly point out the baneful effects attending the non-observance of those laws. In Deuteronomy xxii. 3, it was said, “Thou shalt not sow thy vineyard with divers seeds: lest the fruit of thy vineyard be defiled.” The observance of that verse alone was the pivot on which the laws of life and health revolved: the neglect or rejection of it led to immorality, disease, and premature death. There were, he regretted to say, but few who understood that one natural order of plants would disease and destroy another. The constitution of the plant which gained the ascendancy, would become depraved by absorbing the juices of its victim, which was endowed with different physical properties, and not intended by nature to enter into the composition of the other. Animals, by consuming those corrupted plants, imbibed disease; and man, feeding on the animals, became affected both in body

and in mind, in the way he had described. The next passage to which he would call the attention of the Meeting was, Deuteronomy xxiii. 13, 14, "Thou shalt not allow manure to lay on the surface of the ground," &c. Medical men in all former ages, who understood common sense, were of opinion, that all vegetable and animal substances undergoing putrefactive decomposition were highly destructive to the health and lives of both animals and men. That doctrine had been believed and acted upon, from the time of Hippocrates down to the days of Linnæus; it was also received by Dr. Buchan, who was the last man that treated on medical subjects with any degree of rationality. The doctrines of vitality and assimilation, first promulgated by Cullen, whose works for sixty years had formed the text book, not only of the medical schools of Britain, but the greater part of Europe, had led to the most pernicious results. Dr. Cullen gravely informed his class in his lectures, when speaking of diet, that they might safely eat any description of food they pleased, provided they did not eat too much. It was hardly necessary for him (Mr. W.) to observe, that such a doctrine was equally at variance with nature, reason, and the laws of God. The prohibition of Moses, as it respected particular kinds of fish, fowl, and beasts which had fed on unsound substances, and were attacked by insects, in conjunction with cleanliness and proper apparel, were in reality the laws of life and health. He begged his friends present to peruse the 27th chapter of Deuteronomy, from the 14th verse to the close; where they would find the awful curses pronounced on disobedience to the laws to which he had adverted, and where the inspired writer had emphatically traced cause and effect. The following chapter, verses 17 and 24 inclusive, contained an account of the blessings which would follow good, and diseases which would occur from bad agriculture. Singular as it might appear, it was nevertheless true, that poisonous plants not only diseased kine and sheep, but even contaminated the air. The hay harvest of 1831, was singularly productive of influenza, which he was perfectly satisfied was the *hay fever*, so accurately described by that distinguished physician Dr. Elliotson, in a lecture given at St. Thomas's Hospital, and published in the *Lancet*. It was general all over the kingdom, and proved fatal both to men and to horses. He (Mr. W.) had had an opportunity of observing its effects on both; and on dissection, he found the brain and lungs inflamed, and gorged with pus. He was at Manchester, when the disease there was at its height; and he observed that passengers coming in by the coaches, after having been travelling all night, were suffering under such violent inflammation of the face and eyes, that the latter appeared as if they were floating in blood; nor was the membrane lining the nostrils less affected. It might be asked, why poisonous plants did not produce the same effects every year? It

was easily accounted for. If the atmosphere were dry and sultry, the heat of the sun drew the noxious effluvia from the manure used for top-dressing, which together with the evaporation from the poisonous weeds called *hay*, and the steam from the hay-stacks emitted during the day, were pressed down by the dense atmosphere of night, and produced the effects he had described. On the contrary, if the summer season were wet, the noisome properties were pent down to the ground, and consequently no exhalations arose. It was said it was not in the power of man to prevent blasting and mildew, and the expression taken in the abstract, might be true; but as he had before observed, God had put them under the controul of man. In illustration of that remark, he might state a friend of his, Mr. Jabcz Gibson, of Saffron Walden, in the spring of 1831, sowed a field with wheat, and over every other ridge he put a dressing of powdered nitre and coal cinders. The corn had a strong green healthy appearance, and not a stalk was touched with mildew. But on the alternate ridges, which were not so dressed, the very reverse took place; for there was scarcely an ear that was not blighted. He believed he was correct in stating, that his friend had five bushels more per acre (and that perfectly sound) on the dressed ridges, than on those which had been omitted. That was an experiment that ought to put every farmer to the blush. If time permitted, he could adduce numerous similar experiment. Who then would deny that it was put in the power of man to prevent insects from attacking and discasing his food?

In the 27th and 28th verses of the chapter to which he had referred, were the following words:—"The Lord will smite thee with the botch of Egypt (scrofula) and with the emerods (piles). The Lord will smite thee with madness, and blindness, and astonishment of heart." That denunciation was most awfully fulfilled in Britain at the present day. "Thou shalt carry much seed out into the field, and shalt gather but little in: for the locust shall consume it. Thou shalt plant vineyards and dress them, but shalt neither drink of the wine, nor gather the grapes: for the worms shall eat them." He had at New York, in 1806, six acres of land covered with the finest fruits and vegetables. The caterpillar invaded the neighbourhood, like a devouring army, in the month of June; but observing that they did not attack the elder, the walnut, or the arbor vitæ, he took branches of the three plants, put them into hogsheads of water until it became putrid, and then sprinkled it round his own fence, and not one of the caterpillars approached his grounds. A week afterwards, a swarm of locusts spread over the country, destroying the whole of the fruit, and the young branches of trees; but by syringing them with the liquor he had made, he found it equally effective in protecting them. His property was thus preserved,

like Goshen in the land of Egypt; and the experiment only required the labour of a man and bag: he thus made 15,000 dollars, every shilling of which would have been lost but for the plan he adopted. It was a striking fact, that the word rendered "sore sickness," in the 39th verse, was in the original *cholera*. The same expression was used in the twenty-first chapter of the Second Book of Chronicles, and the eleventh verse. Thus it appeared, that the last great calamity which was to succeed the neglect of the laws of Moses, was to be the visitation of cholera; and three hundred and thirty-six deaths from that disease occurred last year at New York, in drunkards and the most dissolute characters—an awful verification of the closing verses of the chapter. By the bowels falling out, they were to understand the mucous coats being destroyed, as occurred in English cholera. The word rendered *evil disease*, in the 6th chapter of Ecclesiastes, and 2nd verse, was also in the original *cholera*. It was indeed to be feared, that unless a speedy alteration were made by the agriculturist of this country, calamities such as those threatened to the Jews would fall on its guilty inhabitants.

They would naturally ask him, What was to be done to avert those calamities, which were rolling on with such an increased impetus? In reply, he would state that it excited his indignation and called forth his sorrow to see such large sums of money sent out of the country by way of loan, to assist oppressors, tyrants, and heathen of all descriptions, to carry on their nefarious schemes. If that money were appropriated to the improvement of the nation, an abundance of wholesome food might be provided, both for the supply of man and beast. Individuals, however, of public spirit, who had been wise enough to save their money, would do well to employ the paupers in their respective parishes in trenching and renovating the soil; by which means England might again be converted into a garden; and two millions of men might be employed with great advantage. The additional crops which the ground would yield, would more than pay the expenses of trenching, within a year or two; while there would be plenty of employment for the poor. Before trenching the ground should be covered with salt, lime and marl, and then by trenching it should be covered fifteen inches deep. The most perfect chrystalization of the soil would then take place at the bottom of the trench. It was an operation that only required to be performed once in seven years, when re-trenched; the intermediate six years, the ground would bear hard cropping, without any additional manure. At present, there was scarcely a field to be found, but what was covered with poisonous weeds and sour grasses, all of which he was sure might be traced to the system of top-dressing; and the consequence was, that the milk, butter, and animal food raised upon it, cre-



ated acidity in the stomach, and led to the train of evils he had before described. All that might be avoided by trenching. On a careful examination, it would be found that by far the greatest number of the children born within the last three years, were afflicted with constitutional disease; so that those which lived to grow up, would be more fit members of hospitals than of civil society. If the system of trenching which he had ventured to suggest were adopted, the whole kingdom might, as it were, be living on virgin earth. It was a homely illustration, but a correct one, that they might take an example from the dog. If a dog had a bone given him that was at all putrid, instead of gnawing it he would, if he had the opportunity, make a hole in the ground and bury it for a day or two; and on taking it up again, it would be found perfectly sweet: so great was the tendency of the earth to purify every thing beneath the surface. It was by a singular occurrence that he was led to make these discoveries. On levelling down two fortifications at New York, which had been made during the war, he found that some of the mould had been trenched down with wood-ashes, and other substances. He preserved that particular part of the soil with as much care as though it had been gold; and when applied to the roots of fruit trees and culinary vegetables, it not only made them prolific, but added a great additional sweetness to the flavour. Lime might be found in one place, marl in another, carbonaceous earth in a third, and chalk in a fourth, which, through the medium of rail roads, might be brought together and blended with other soils, so that the ground might be fertilized to a degree unprecedented in the history of man. Salt, lime, and nitre, employed on a large scale, would destroy almost every insect that existed in the kingdom, whether it infested trees or vegetables.

In verification of those statements, he would briefly allude to what had taken place in East Lothian, and some other districts in Scotland, where the best system of farming, next to that adopted by the Jews and Romans in the days of their glory, and in Holland, had been pursued. The last work he had published, was read at a farmers' club in East Lothian; and it was, after a long discussion, determined to make an experiment, and a sum of money was immediately subscribed for the purpose. Twenty sound sheep were brought down from the mountains, and placed on pasture land, which had been top-dressed. At the end of three weeks they were all diseased, and taken to the market and sold for human food. Three experiments were made on different sorts of soil, but the same effect was produced. There was not a sheep, the mucous coats of whose stomach and bowels were not ulcerated. A hundred sheep were then brought down by Mr. Adam Bogue; fifty of which were killed at the end of three weeks, and they also were diseased: the other fifty were allowed to remain three weeks longer; and at the ex-

piration of that time, so dreadful was the inflammation that the magistrates would not allow the meat of them to be sold for human food. They then determined on trying the effect of trenching; and he had lately received a letter, stating that the sheep were now perfectly sound—no rot amongst them. The plan had been in operation for three years, and was rapidly being extended. It was found that the additional crops paid for the outlay of the first year. At the present moment, Mr. Bogue was employed in trenching fifty acres of very strong land, at an expense of £4. per acre. It employed about fifty people, which was much better than keeping them in workhouses, as was done in England. He had himself made an experiment at Bayswater, where he had several patients labouring under glandular disease. Their diet principally consisted of milk, the cows being fed on sound clover, and the tumours were rapidly dispersing. One patient partook of some milk from cows fed in the ordinary way, and in a few hours she was worse than she had been at any former period. Galen was peculiarly formed for the cure of consumption and glandular disease; and he effected it by making his patients live on goat's milk. He found that that immediately put a stop to ulceration of the lungs. The Earl of Lauderdale had said, that were the three kingdoms cultivated in the way he (Mr. W.) had described, they would support one hundred and eighty millions of people. There would then be such an abundance for man and for beast, that political wrangling would to a great extent be entirely suppressed.

In conclusion he would observe, that it had been said that the Vapour Bath might be beneficial in cutaneous diseases, but would not affect internal parts. Such, however, was not the case. So great was its influence upon the lungs, that when a patient was in the bath, he was in perfect ease, if he had only eight inspirations in a minute. Some of his patients had occasionally met with accidents, which required surgical treatment: and one medical gentleman who was called upon to bleed a body, who had formerly been under his (Mr. W.'s) care, declared, that though he had bled two thousand persons, he never in his life saw blood so pure. Sir William Blizard once made the same remark, when performing an operation. A lady, who had been labouring under incipient phthisis, of which he (Mr. W.) cured her, had occasion to be bled; and her medical attendant, on observing the purity of the blood, enquired what she had taken; to which she replied, she had been under Mr. Whitlaw's care: on which, to use her own expression, they looked at each other, and stared like Peter Pindar's parboiled owls. It was now found, that the liver could be acted upon by vegetable substances without the aid of mercury, and that that poisonous article might be

expunged from the pharmacopœia. The same might be said of digitalis, and every other poisonous plant.

With regard to medication, he had a few observations to make. Mr. Abernethy once asked him a home question. Mr. Abernethy remarked, that the human frame was like a well tuned fiddle, when all the strings were in union it went on in perfect harmony; and such was the case in the human system, when all the glands, nerves, and circulating vessels acted. He then said, that he doubted not he (Mr. W.) could act on the bowels and the skin; but could he excite the glands to a preternatural action, and then controul them again at pleasure? He (Mr. W.) answered, that he could. On which Mr. Abernethy said, that if that were the case, he had no question but he would be able to cure almost every case. There were various medications that would act on different systems; and even in tetanus, the Bath would relax the muscles in a few minutes. Mr. Whitlaw then briefly alluded to his intended visit to America; and concluded by assuring his friends, that though he might be absent from them in person, they would always have his best wishes for their health and prosperity.

Mr. DEWHURST rose and said, that their reverend friend had stated that Scotchmen were remarkable for their modesty, and he was afraid that that failing attached to Mr. Whitlaw. There was a circumstance which he (Mr. D.) felt it his duty to state. Mr. Whitlaw's talents as a botanist were well known; but he believed that but few persons were aware that he (Mr. W.) had discovered the most beautiful manner of preserving plants, so that all their beneficial properties were retained: for which the Society of Arts, in 1814, rewarded him with a silver medal. In confirmation of what Mr. Whitlaw had stated with regard to the diseased condition of cattle, he begged to state that for the last twelve or fifteen years he had purchased diseased parts of animals, particularly of the lungs and liver, in which there were hydatids and ulcerations, or what in the human subject would be called scrofulous tubercles. There was scarcely an anatomical museum but what contained numerous specimens of diseased parts of various creatures, which were skinned and formed the food of man. He begged to propose—

*That the following Gentlemen form the Committee, and be appointed Officers for the year ensuing. (See page 2.)*

Mr. BOURNE, in seconding the motion, bore testimony to the beneficial effects of Mr. Whitlaw's Vapour Bath. He sincerely hoped that the Committee would take means to endeavour to have the baths introduced in every parish.

The resolution was then put, and agreed to.

Mr. TICKNER rose and said, that the routine business of the Meeting

was, he believed, finished; but there remained something to do which it would be a great and unpardonable omission not to perform before they departed and went hence, namely, to express their sincere thanks to the gallant Chairman, who had done this valuable Institution the kindness, and conferred upon it the honour of presiding on the present occasion. Zealous and anxious as he (Mr. T.) was for the prosperity of this Institution, and that its excellent benefits might be extended to the greatest possible number of their poor afflicted wretched fellow-creatures, it was to him a gratifying circumstance to see gentleman of station and rank of life, and of enlightened liberality of mind, sanctioning it by their presence.

It was his decided opinion, that there was a great deal of interested prejudice existing against the Medicated Vapour Baths. He had had an opportunity of observing it the other day, when endeavouring to promote a vote of money from the Corporation of London in aid of its funds. He heard one gentleman say, that when he enquired of his medical attendant whether there was any efficacy in the Baths, the medical man politely asked in return, "How can you be such a fool as to believe that vegetable substances can be introduced by vapour?" The individual added, that he at once saw its absurdity. He (Mr. T.) asked him, Whether he knew the *modus operandi* of medicines taken into the stomach—how they got into the system? He candidly replied, he could not tell. He (Mr. T.) then enquired if he knew the action of medical substances applied to the skin, and taken up by the absorbents? No: he neither knew how one acted, or the other. He then enquired, Whether he had not known persons made ill by a volatile spirit thrown off the particles of white lead, when a house was being painted? Whether he had not known persons become intoxicated by the fumes of spirits? These were facts that could not be denied; and if deleterious substances could be so introduced, as to endanger life, on the same principle the most salutary medicines might be conveyed to the system. His friend confessed that he was taken by surprise by his medical attendant. He (Mr. T.) begged pardon for thus trespassing on the time of the Meeting, and would conclude by moving—

*That the thanks of this Meeting are eminently due to Admiral Maitland, for his able and impartial conduct in the Chair this day.*

Mr. HICKSON seconded the resolution, which was carried by acclamation.

The CHAIRMAN begged to return his most sincere thanks for the honour conferred on him. Any humble exertions on his part, that would in any way contribute toward the advancement of the Institution, he would cheerfully render. He had now for ten or twelve years past, seen the most distressing cases cured. It was not for him to enter upon

the merits or demerits of Mr. Whitlaw; but his treatment had his (Admiral Maitland's) most sincere good wishes, and he hoped it would prosper, which he doubted not it would do in the end. He hoped they would be able to get rid of that kind of contention, which existed between the regular profession and the friends of this Institution. He was clearly and decidedly of opinion, that the best mode for Mr. Whitlaw and his friends to adopt in order to attain their great object, was to cure the patients, to send them into society, and let them make known the advantages they had derived from Mr. Whitlaw's treatment. That was the plan by which Mr. Whitlaw would gain victories, and such victories would make him successful.

He thought it was almost unnatural to expect that the medical profession would readily and at once quit their own ideas of practice, and the manner in which they gained their livelihood, and maintained their wives and families, and readily come round to what Mr. Whitlaw had brought forward. Let Mr. Whitlaw's object be as good as it might, or let him be as successful as he would, they ought to take into consideration that there were hundreds and thousands of persons in this country who obtained their livelihood entirely by the medical profession; and the fact was, that if Mr. Whitlaw's method were generally adopted throughout the country, the medical people in England might shut up their shops. Would any individual go to be bled, and blistered, and cut, and hacked, when he could go to Mr. Whitlaw and be cured by jumping into a Vapour Bath? He could not, however, expect mankind to go from one extreme to another; the change must be gradual, and that in fact was the way to go on successfully. Mr. Whitlaw had his sincere good wishes, and his thanks for his past kindness. Before he dismissed the Meeting he must just remind them, that what was the sinews of war, was also the sinews of medicine; for without it there was no going on. They must endeavour to raise the necessary supplies; and there was no other way of doing it, but by looking to the bounty and generosity of the public—principles in which the British nation had never yet failed.

The Meeting then separated.

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*Statement of the Receipts and Expenditure of the "VAPOUR  
BATH INSTITUTION," from 1832, to  
1833.*

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EXPENDITURE.

	£.	s.	d.
House Rent and Taxes .....	36	10	0
Servants' Wages .....	65	0	0
Coals .....	15	0	0
Sundry Expenses for Repairs, &c. ....	16	18	0
Drugs, &c.....	56	0	0
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Total Amount .....	£ 189	8	0
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RECEIPTS.

	£.	s.	d.
Amount of Subscriptions and Donations .....	158	10	0
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Balance due to the Treasurer .....	£ 40	18	0
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